

BIG

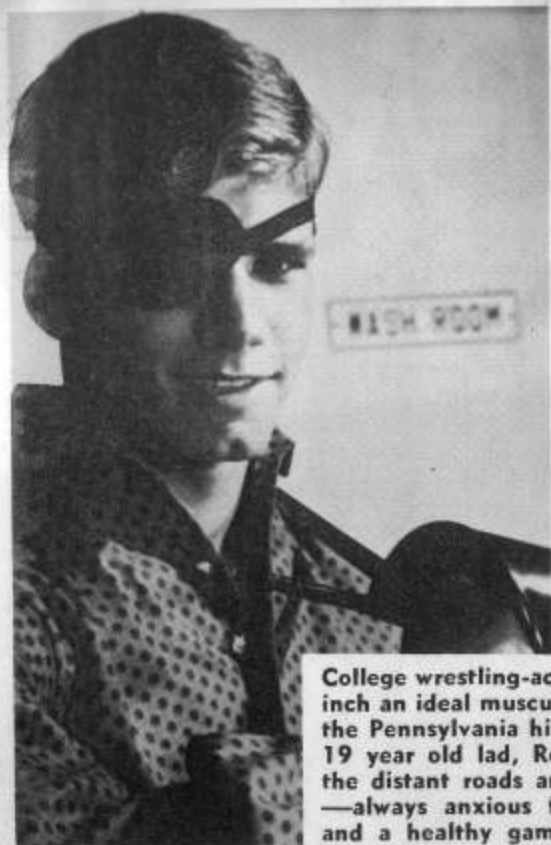
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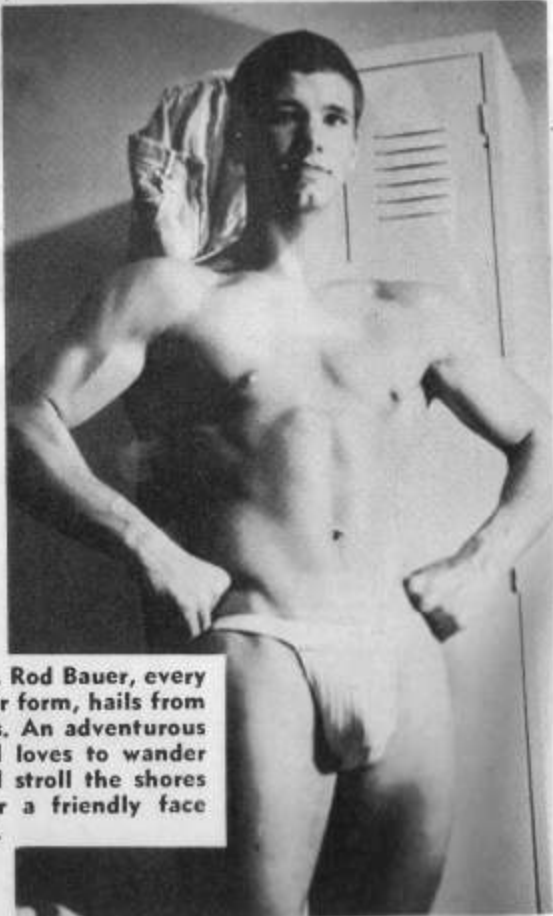
**ROD
BAUER**
by
Champion

60¢

Instructive Text and Photos, ART - EXERCISE - HEALTH



College wrestling-ace, Rod Bauer, every inch an ideal muscular form, hails from the Pennsylvania hills. An adventurous 19 year old lad, Rod loves to wander the distant roads and stroll the shores —always anxious for a friendly face and a healthy game.



VOL 5, No. 10

JULY 1967

Eye of the



ARTIST

Eye of the



BEHOLDER



Eye of the



CAMERA

THE

BIG

VIEW

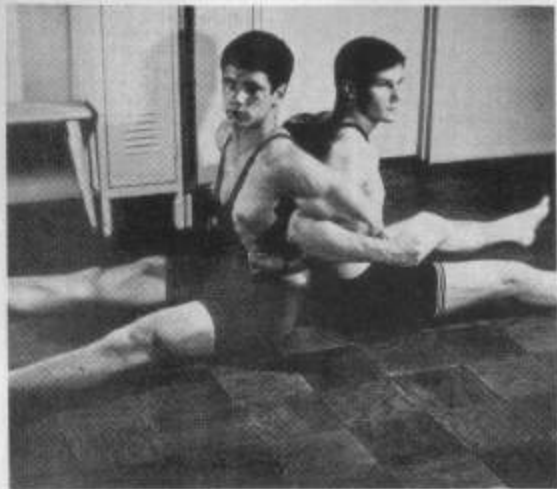
**BIG's point of view should serve to inspire the development
toward perfection of mind, body and health.**

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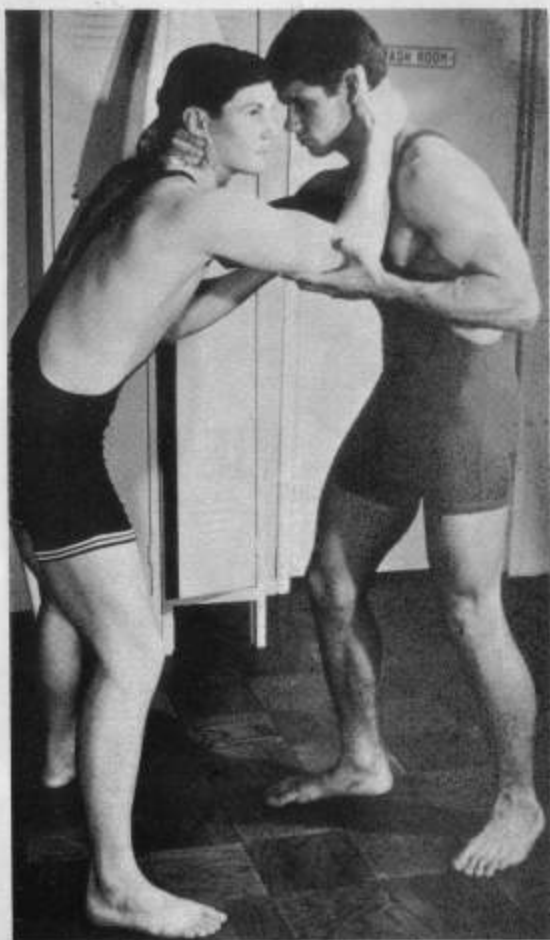
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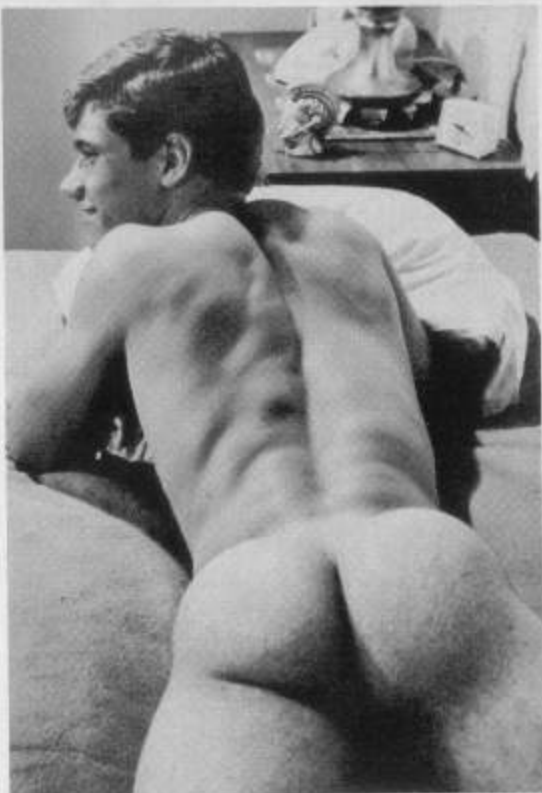
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Beautiful muscle formation and physical know-how have given Rod Bauer the ability of a top-notch wrestler. Here we see Rod with a fellow-member of his wrestling team as they demonstrate the use of various muscular movements. Great strain and effort go into the development of muscle and know-how for action on the mat.

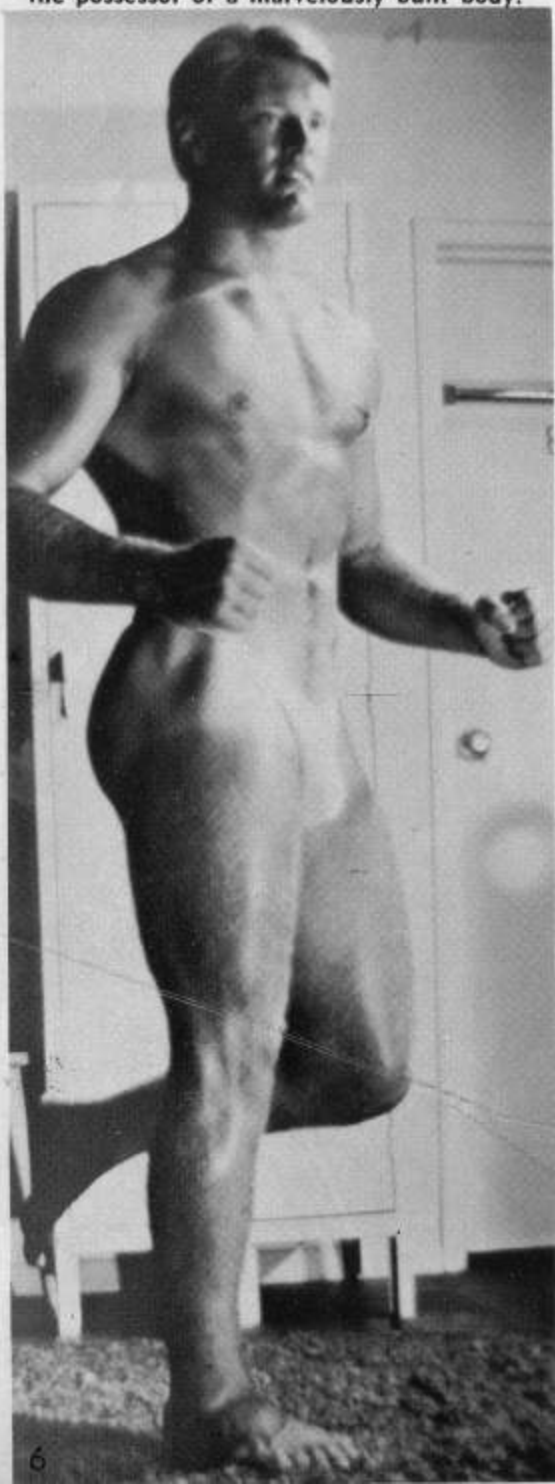




Constant effort is Rod's forte as he maintains his long, angular legs and impeccably fine stomach and waistline. Rod relaxes long enough to regain strength for more of the physical activity that marks his goal — ready for a match at anytime.



A friendly guy, in the real he-man line, is Scott Manley. Like his buddy, Rod Bauer, Scott is also a fine wrestler. Good at track and field, Scott holds a school-boy record for long distance running. The power is obvious in his well-turned legs. Summer finds Scott at the beach, where he is a lifeguard. The muscles running through Scott's arms and back attest to his skill and power with swimming. Blondehaired and blue-eyed, this 6' 2", 195 lb. tower of strength forms in the line of Adonis. Scott has keen interest in all athletical activity and has become, as one can witness, the possessor of a marvelously built body.

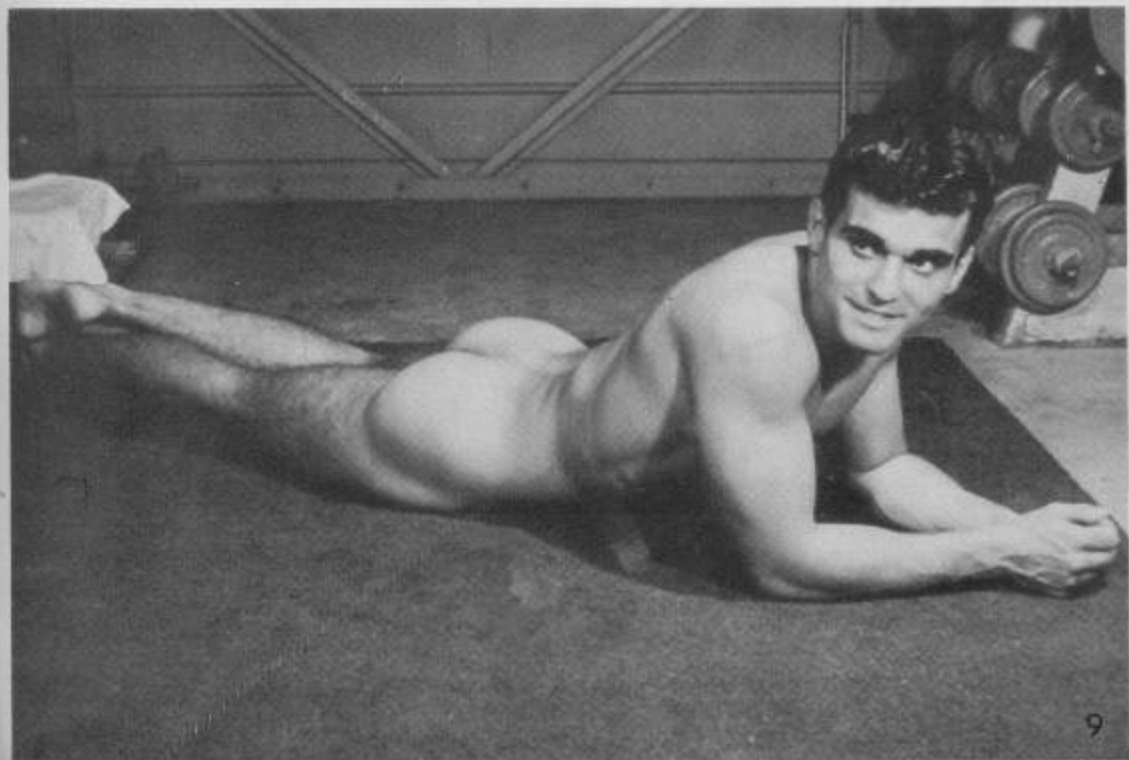




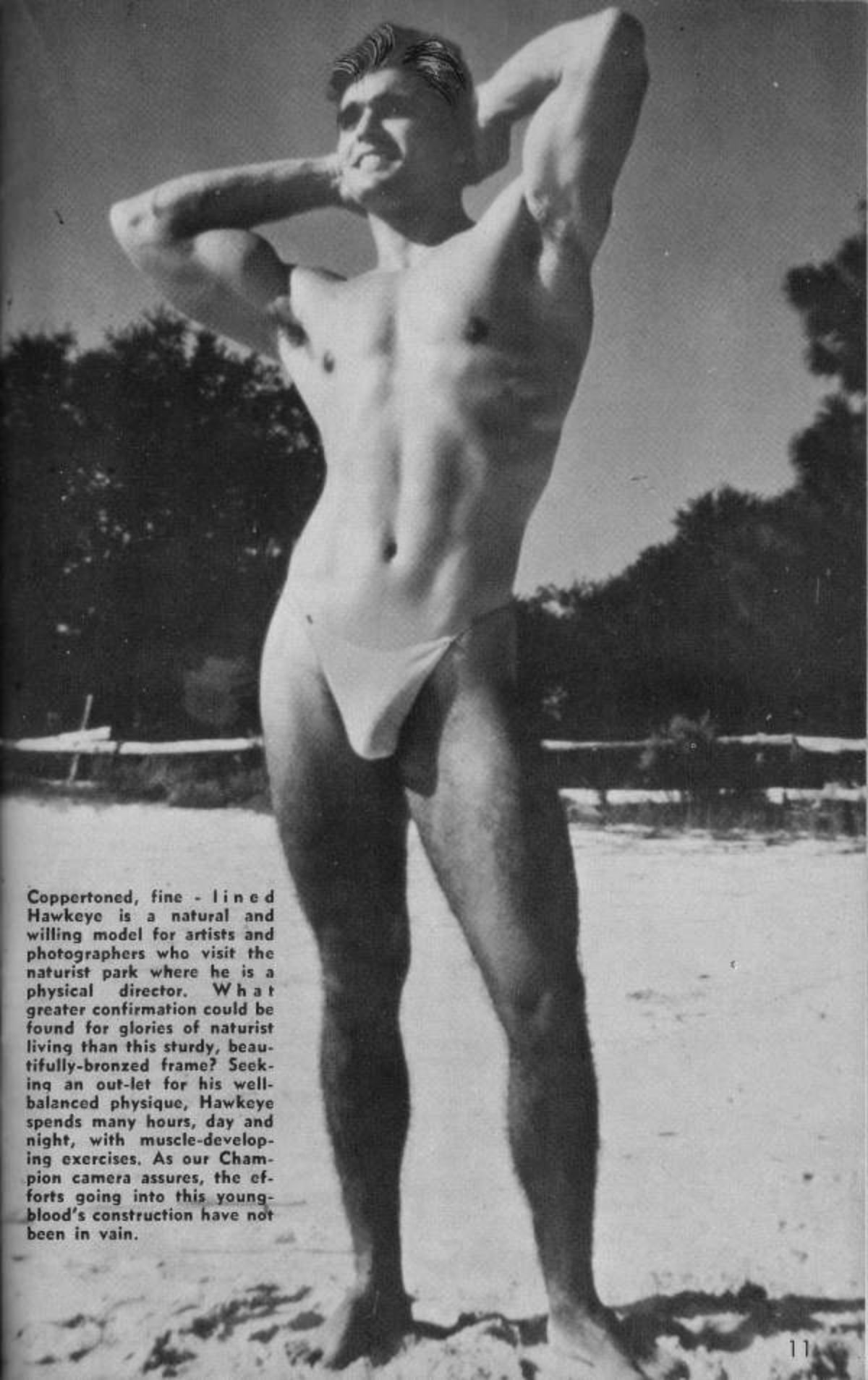




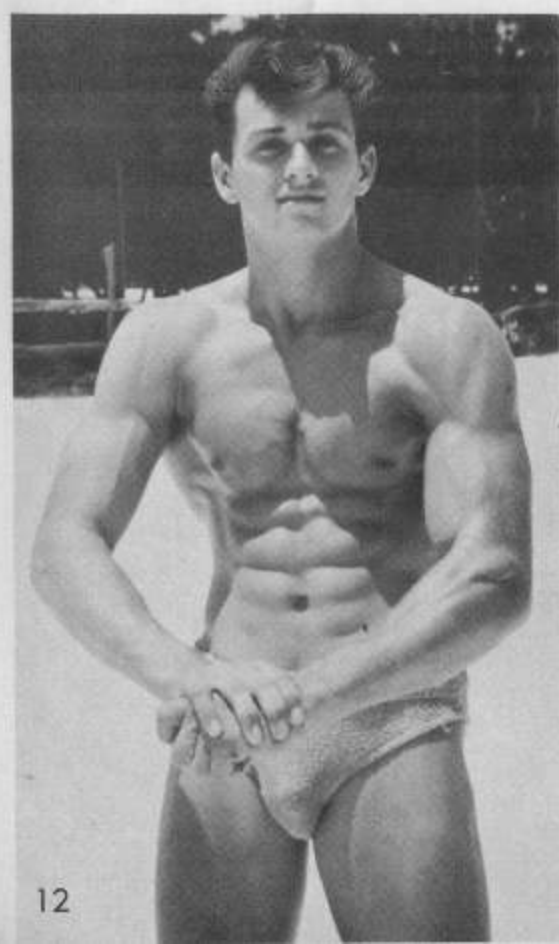
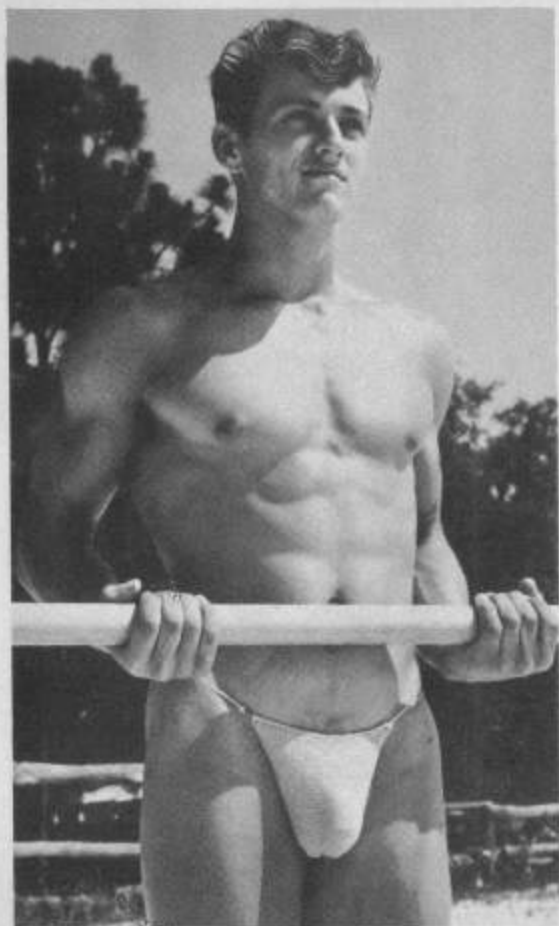
American Indian and French heritage have given 20 year old Hawkeye a superbly proportioned frame and ability. Using his inherent ability at understanding the glory of nature and physical prowess, Hawkeye is a physical director at a leading southern nudist park during the summer season. Passionately pursuing his great gusto for all outdoor and indoor sports, Hawkeye looks forward to using his savings for studying a career in medicine.

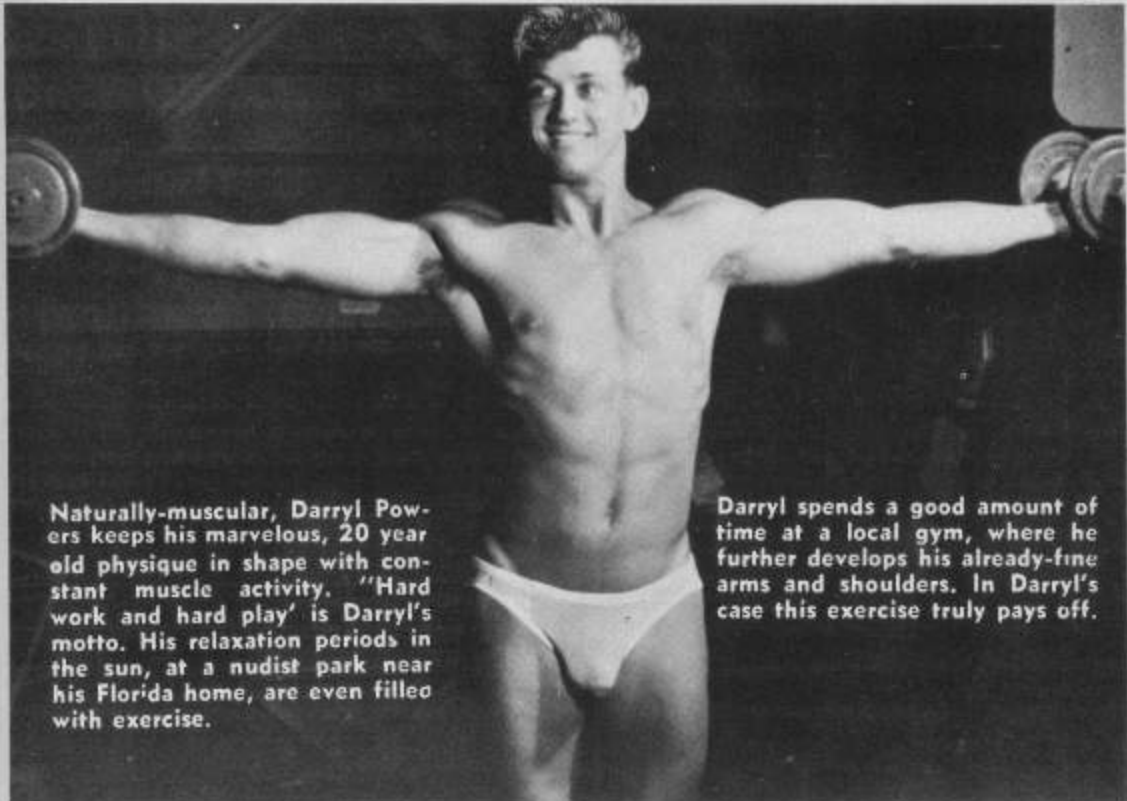






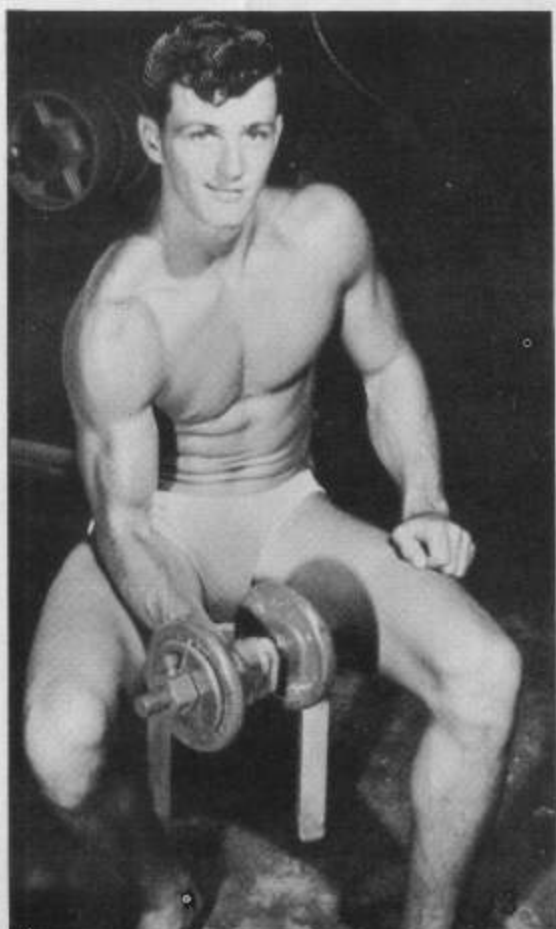
Coppertoned, fine-lined Hawkeye is a natural and willing model for artists and photographers who visit the naturist park where he is a physical director. What greater confirmation could be found for glories of naturist living than this sturdy, beautifully-bronzed frame? Seeking an out-let for his well-balanced physique, Hawkeye spends many hours, day and night, with muscle-developing exercises. As our Champion camera assures, the efforts going into this young-blood's construction have not been in vain.



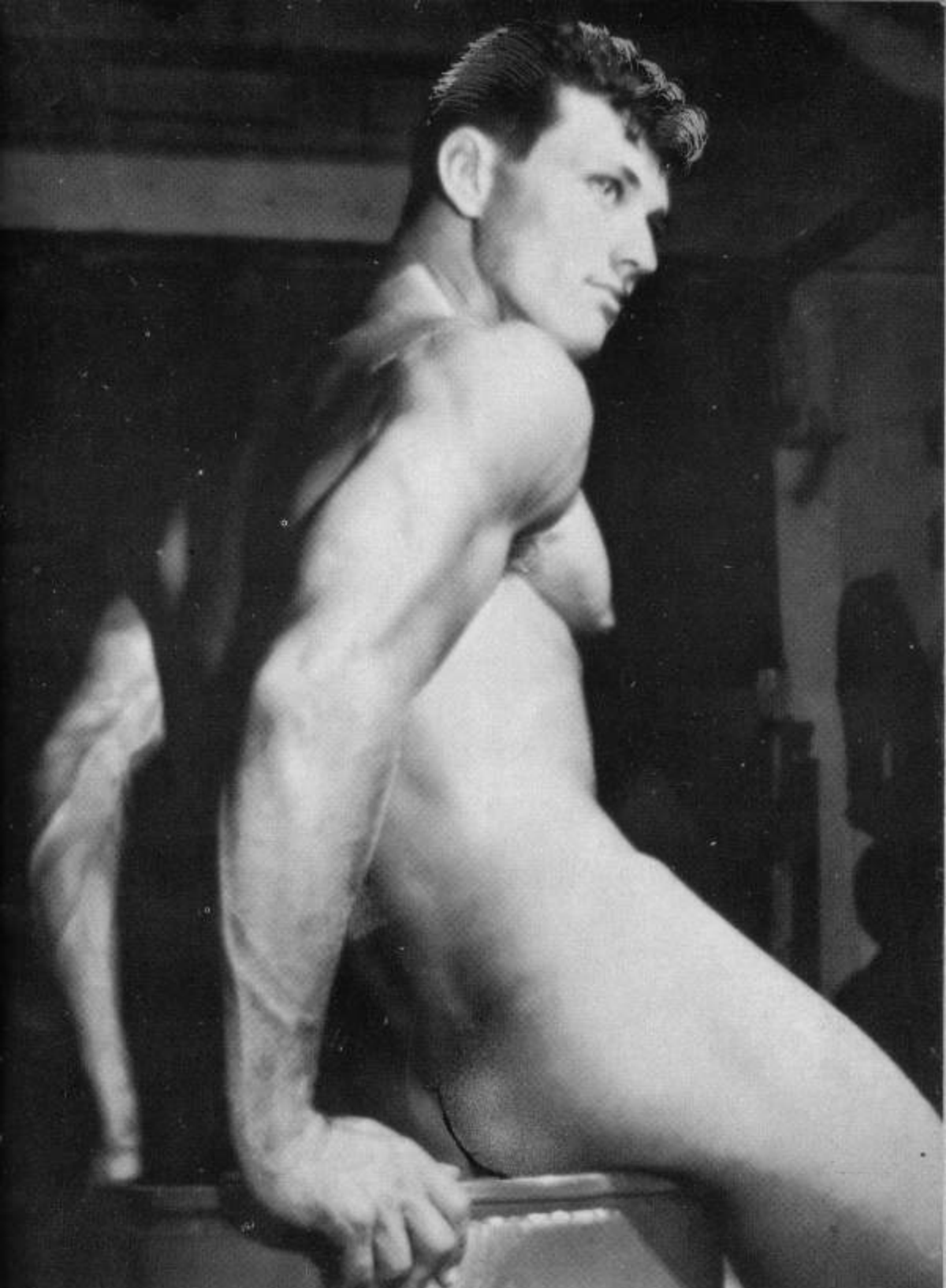


Naturally-muscular, Darryl Powers keeps his marvelous, 20 year old physique in shape with constant muscle activity. "Hard work and hard play" is Darryl's motto. His relaxation periods in the sun, at a nudist park near his Florida home, are even filled with exercise.

Darryl spends a good amount of time at a local gym, where he further develops his already-fine arms and shoulders. In Darryl's case this exercise truly pays off.





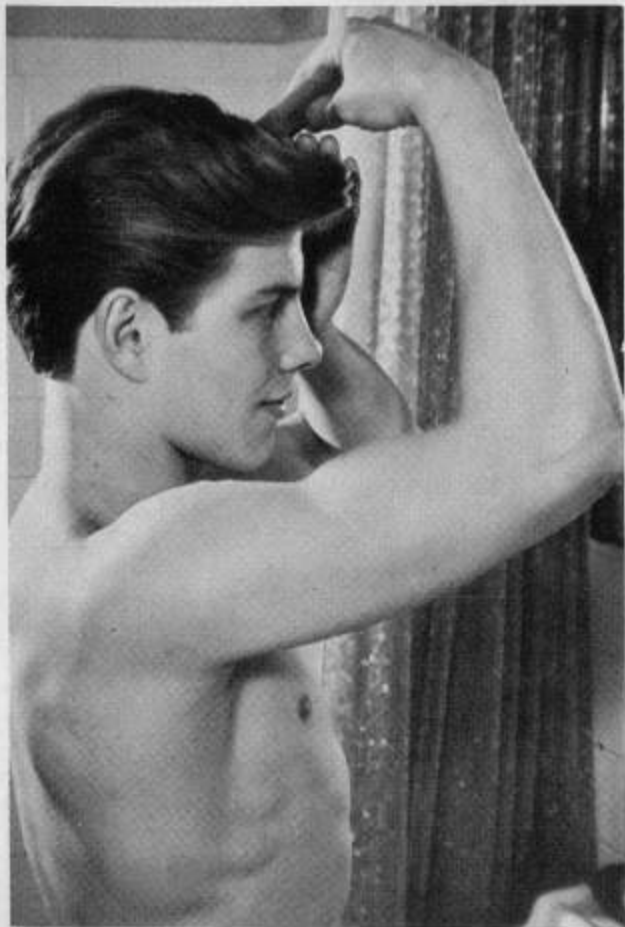


Catching Darryl Powers as he poses his perfectly-shaped chest and arms is pleasurable indeed. Witness here the exquisite form our camera dealt with in our session with Darryl — who assures us his great build was no mistake, as he spends many hours developing what is surely a top-notch body. Even color, as even-toned muscles, is the result of long sessions of exercise in the sun at Darryl's favorite nudist park in Florida. A former Marine, Darryl now works as a hose-jockey, helping to lift transcontinental jets into the wide, blue yonder.

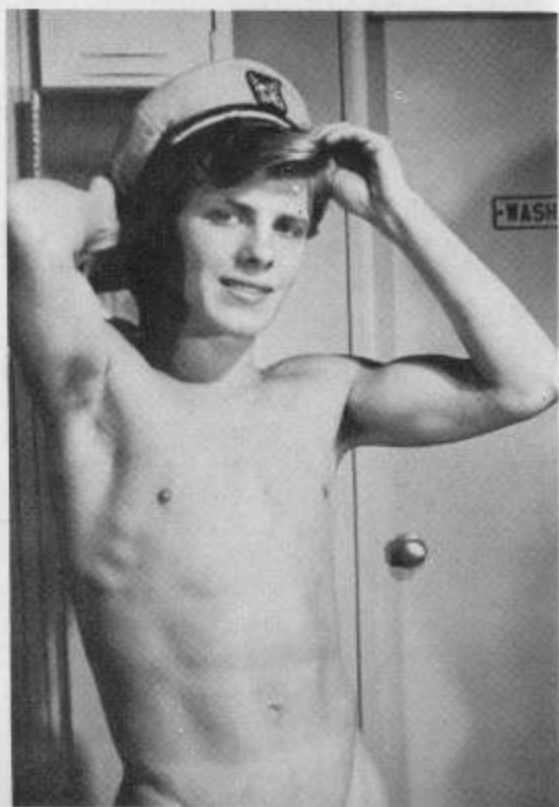


Lithe, but firm, Brian O'Keefe, 19 year old steelrigger from the Ironbound District Newark, stands 6 feet and weighs 165 pounds. A great enthusiast of water sports, Brian is pictured on the patio of his mountain home—where he indulges in full scale pleasure at the spring-fed lake a few steps from his patio. Planning on being an architect one day, Brian busies himself, when not exercising, with a home-study course.





Doing things in a BIG way as CHAMPION always does we continue our tradition in the fine form fashion with 19 year old BUDDY HOLLAND. Enthusiasm with gymnasium sports and aptitude at amateur radio operation have given clean-complexioned BUDDY a good balance, physically and mentally. On a recent camping trip to Florida, CHAMPION exploited BUDDY, and his 5' 9" 150 lb. body, as his constant muscle-forming activity shows reward in his healthy glow—from head to toes. A very proud young man, BUDDY is extremely pleasing as he lets himself go with his riotous love for water games and indoor sports. Our cameras have captured a most inspiring display of young manhood in BUDDY HOLLAND. An admirable collection of photos from CHAMPION STUDIOS.



Dart throwing, as **BUDDY HOLLAND** tells us, is a precision practice, good for the eyes as well as muscular co-ordination. Judging from the striking balance of attitude and body that **BUDDY** displays, one is compelled to agree that this exciting young man knows what he's speaking about. A guy with a great amount of pride, **BUDDY** does, and gives, his best to anything he undertakes. With his golden hair tossed by the Florida breezes he seemed never to stop with action — from an impressive ability at Aquatic Sports to his precision exercising, indoors. Every inch a healthy specimen, **BUDDY** displayed an amazing aptitude with his command of electronic knowledge, his dedication to physical coordination and his powerful energy system. At work or play, young **BUDDY** was an ideal eye-deal for the **CHAMPION** photography crew.



THE BIG VIEW

BUDDY HOLLAND
by: Champion

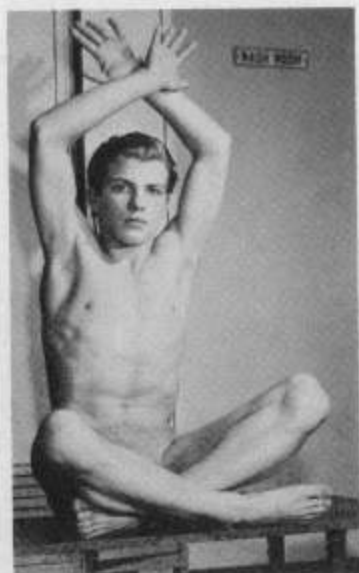


TEEN-AGERS NEED EXERCISE

Following is a routine of exercises designed for the teen-agers who wish to increase their stamina, beautify the figure and make higher scores in the school physical fitness tests. For best results, the exercises should be done three times per week on alternate days. So, if you desire to improve your body, why not consult your family physician for his approval, and then follow this exercise course that has been designed especially for you.



THE SQUAT THRUST strengthens the entire body. Assume the squatting position shown with elbows inside the knees as in Fig. A. Now, suddenly thrust the feet and legs backward to a rest position as in Fig. B with the body straight from shoulders to feet and the weight resting on hands and toes. Return to squat position and repeat entire movement 5 times and increase to 20 reps.



THE CROSSED ARM RAISE is a good one for strengthening the shoulders and helping firm up the chest muscles. Sit on the ground, cross the arms and place the right hand on the right leg as shown in Fig. A. Now, keeping the arms crossed and rigid, slowly raise the arms overhead as in Fig. B. Then lower them slowly to the starting position. Repeat 8 times and increase to 25 reps or more as you progress.



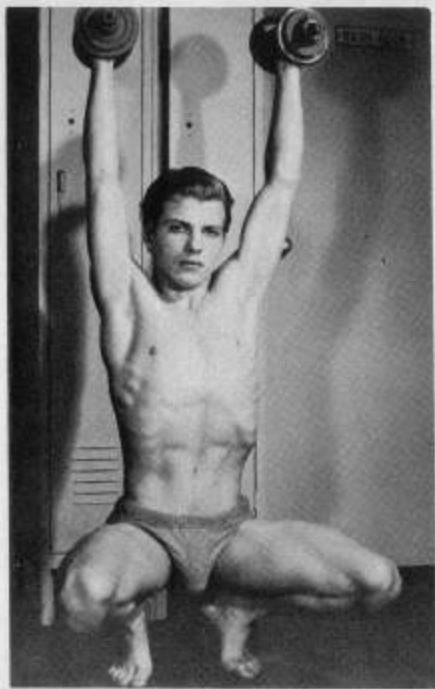
THE SEATED NECK EXERCISE will help your posture and head carriage. Sit on a chair or stool with hands clasped behind the head as in Fig. A.



THE SIDE STRETCH firms and strengthens the sides. Standing with the feet about 18 inches apart, raise the arms overhead while holding a barbell or other object in the hands. Now, while stretching upward, bend from the waist to the right as far as you can go, as shown above. Then bend to the left. Start with about 8 repetitions and gradually increase to 25 for each side.



THE LYING TOE TOUCH firms and tones the waist and thighs. Lie on ground or bench, and raise right leg as high as possible and try to touch your toes with the left hand, keeping the head and shoulder flat on the bench as shown. Lower the leg and repeat the movement with the left leg and right arm. Start with 5 reps and increase to 10 for each leg. For those who need to trim the waist a little, this exercise should be increased to at least 20 reps for each leg.

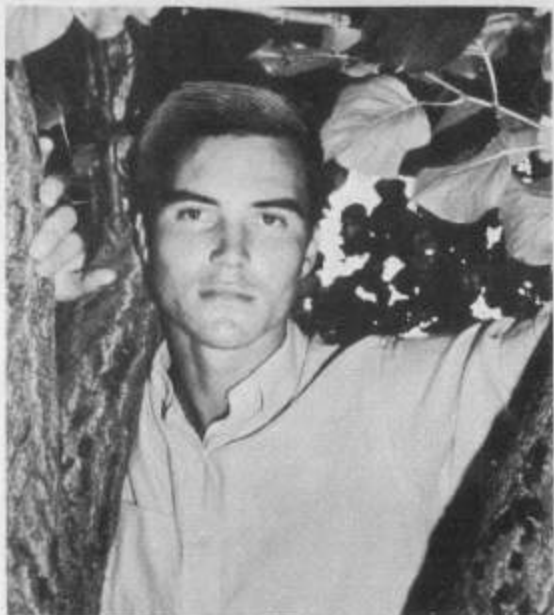


THE BAR SQUAT is a good exercise for the legs and lower back as well as for the arms. From a standing position — with a piece of pipe held overhead and feet apart, take a deep breath and squat down slowly to the position shown. Exhale while returning to the standing position. Keep the pipe overhead and the arms straight during the entire movement. Start with 5 reps and gradually increase to 25 as you progress.

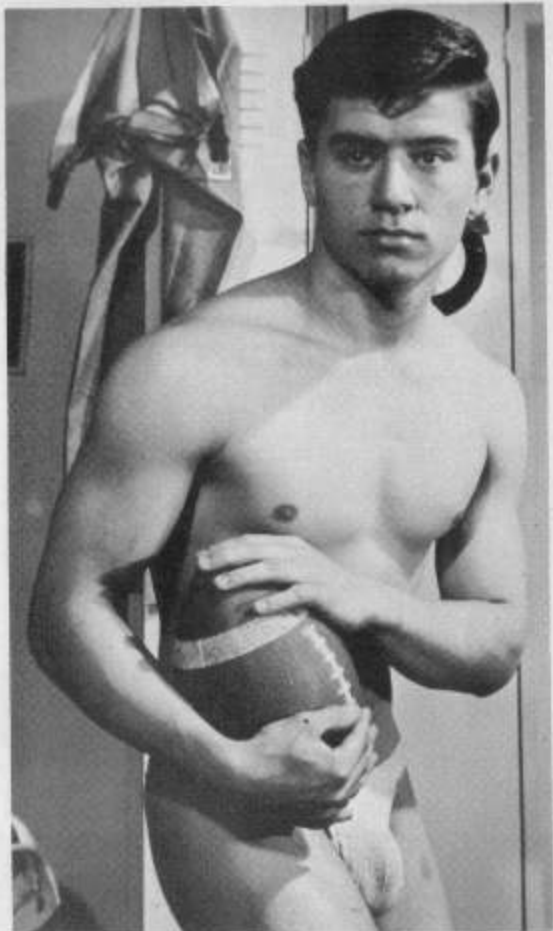


Then pull your head down between your knees with your hands and at the same time resist the hands all the way down with your neck as in Fig. B. Then raise to the starting position and repeat at least 4 times very slowly and increase to about 15 reps. Do not resist too greatly with the neck at first in order to avoid getting sore neck muscles.

Model:
BUDDY HOLLAND
by:
CHAMPION

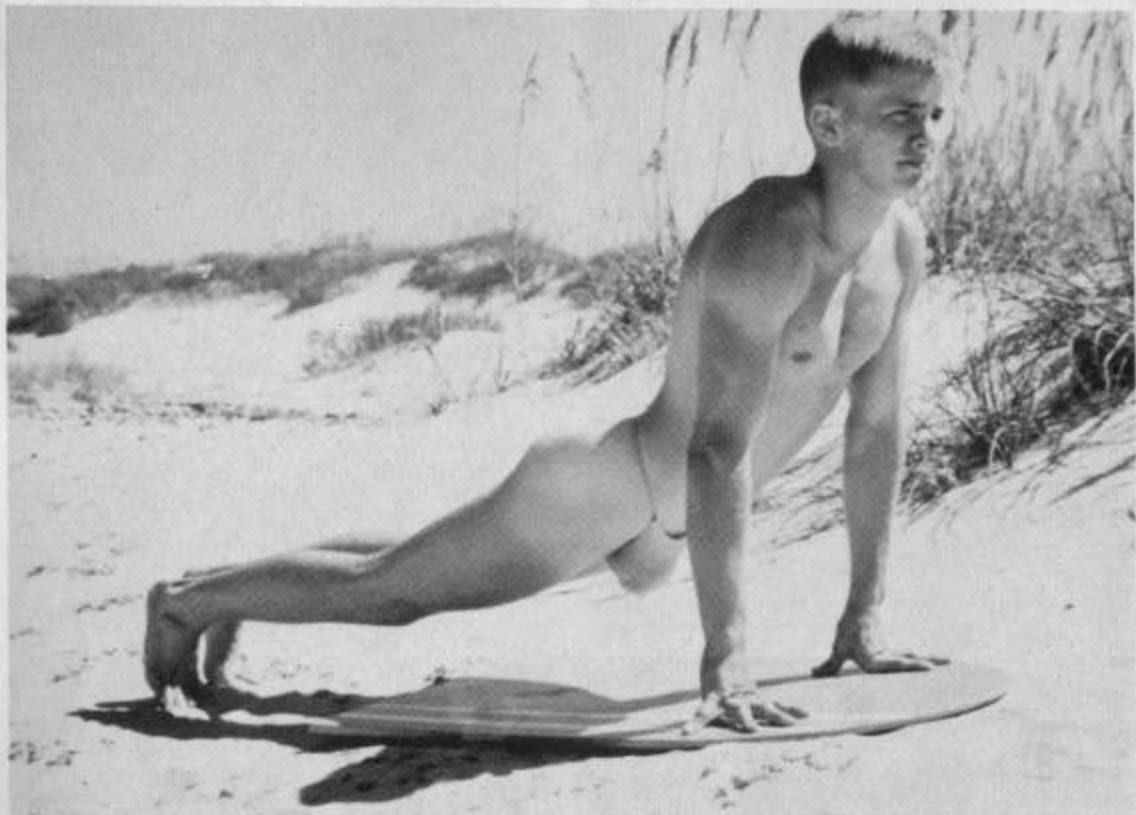


Found in the solitudes of mountain climbing or on the sun-drenched patio of a California beach cottage, DOUG JACKSON is a masculine young man worth note and attention. Strength and command have found a match in this sensational West Coast woodsman.

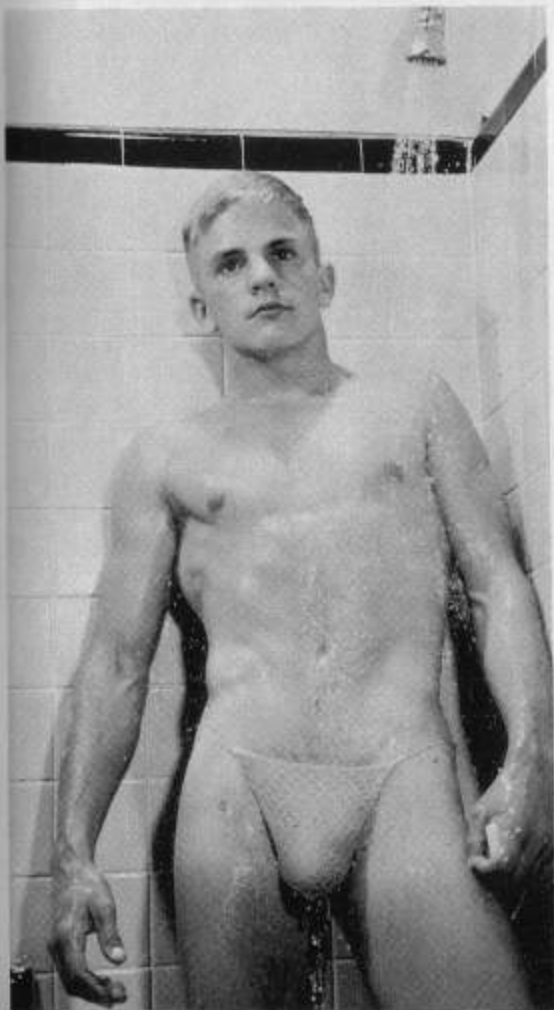


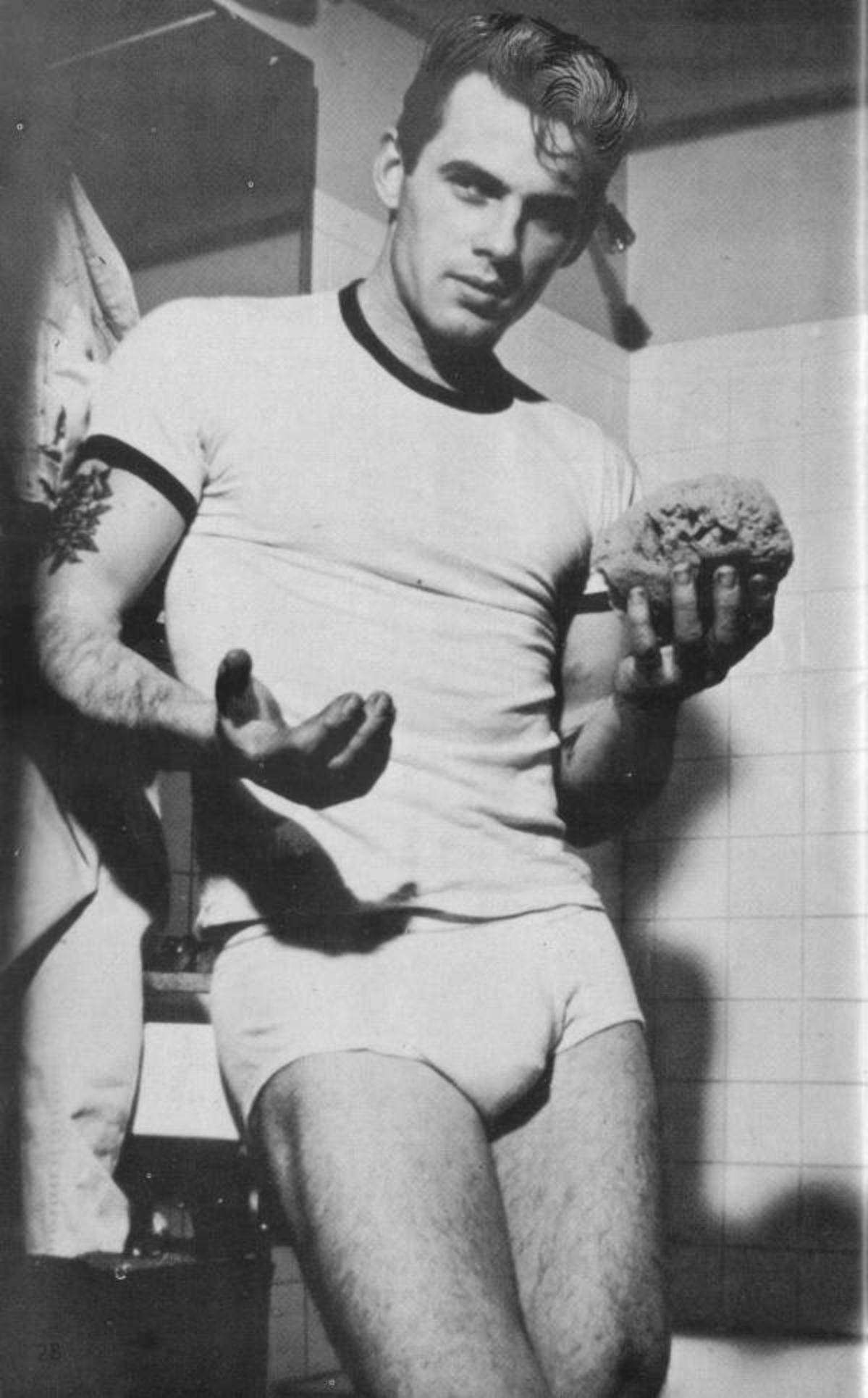
SKIP HAMMER, an ideal model, is as interested in what goes on behind the camera as he is with his work-out in front of it. Maybe that interest is what makes this 5'10", 160-lb. longshoreman so fulfilling, photo-wise. SKIP was a high school football hero, and even now the younger boys flock around for him to coach them as they play. SKIP calls his home "the sandy stretches of any of Long Island's beaches". There he spends playful hours running, swimming, wrestling or digging for clams—one of SKIP's favorite pastimes. Always carrying his own camera, SKIP has captured many fine photos of football, and beach activity. The strenuous labor of the longshoreman has certainly left an obvious muscular mark on SKIP'S deftly proportioned physique. Strong neck and shoulders followed with a sturdy back and capable arms are the result of hard longshoreman duty.

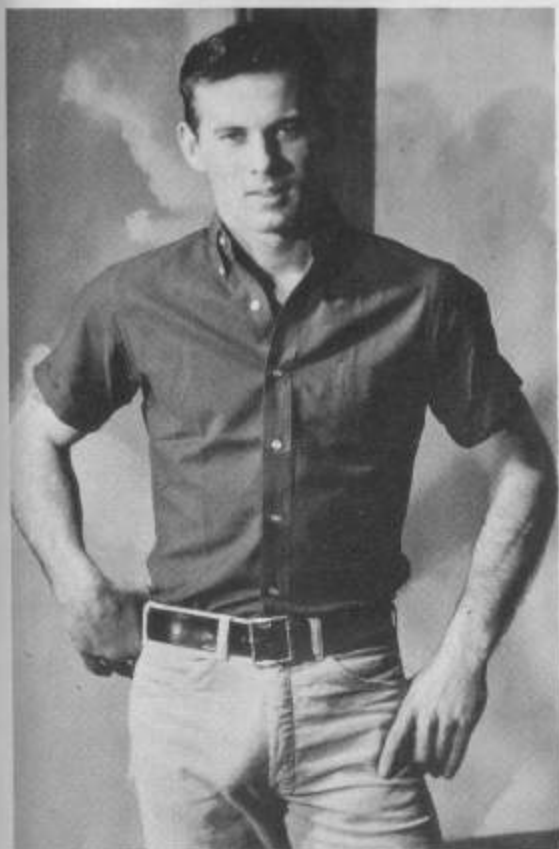




Busy building a future, **TUCK POWELL** is in constant action with the Marine Corps or engaged in the gymnast's exercises that have given young **TUCK** his dynamic 5' 10", 150-lb. structure. Accomplished at the precision drills on the parallel bars or flying-rings, **TUCK** also commands notice at the power in his hips and legs. Rough and ready, **TUCK** even goes through his exercise paces while getting the sun to color the muscles he is always toning.





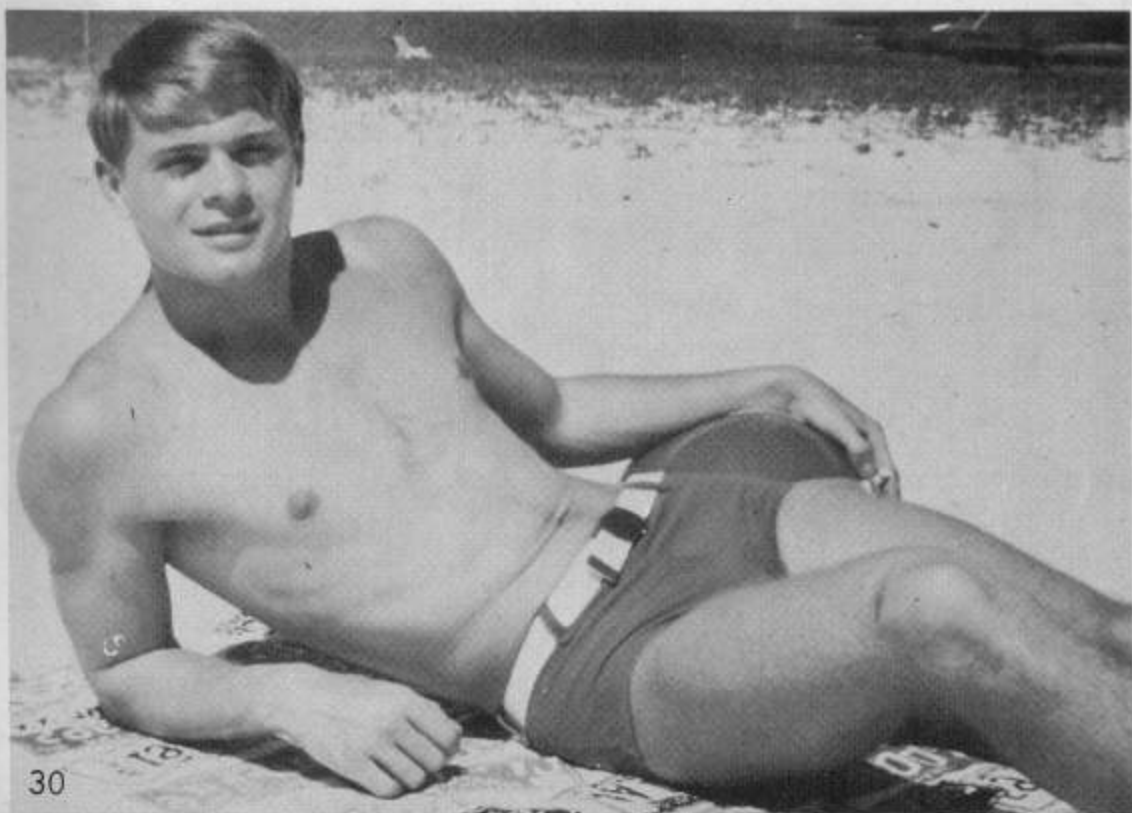


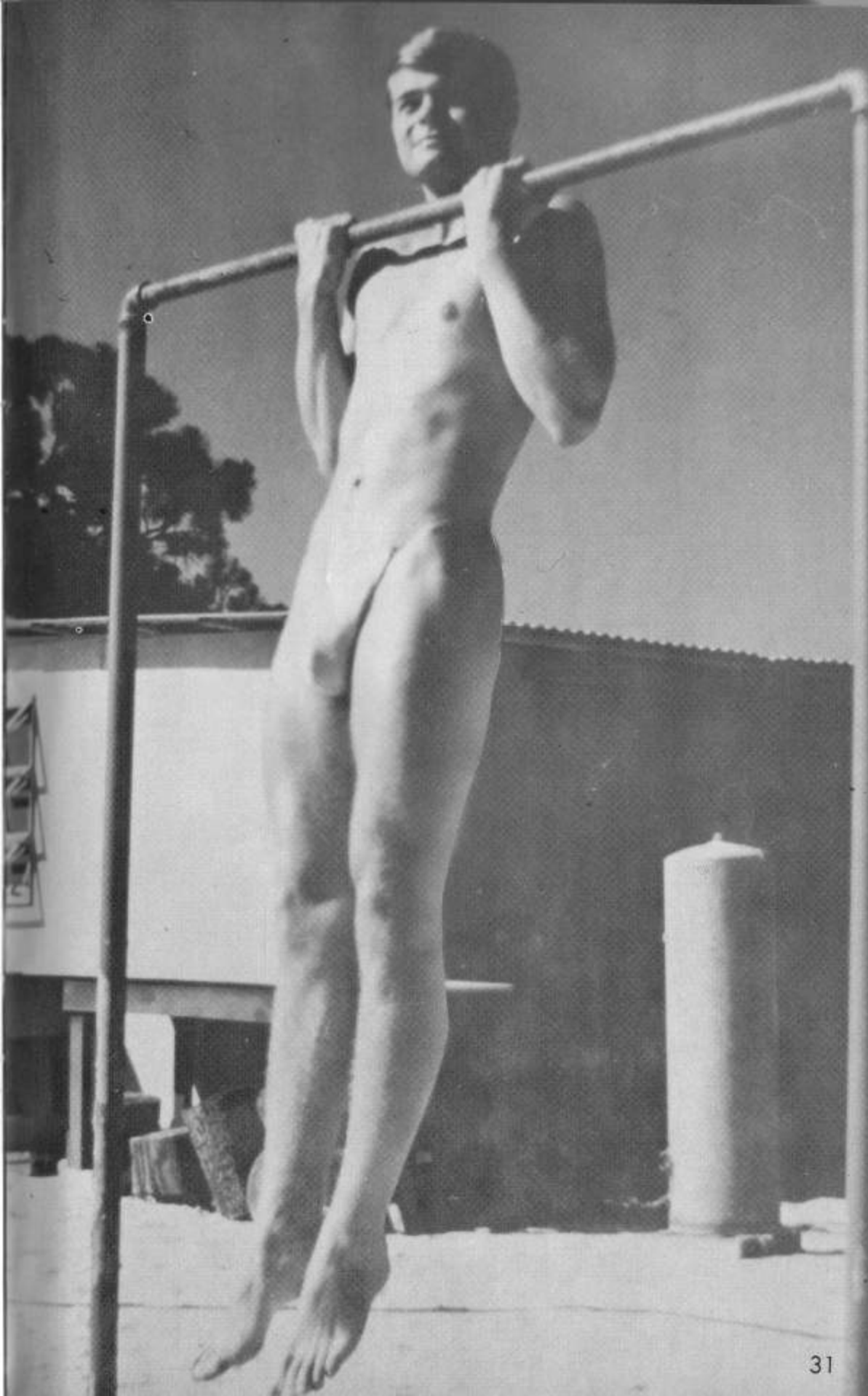
Construction crew-boss, **ROCK GRANGER** (Champion's newest man-of-action) stops, from the heavy work that gave him that he-man look, only to hang his clothes in the rain that cannot stop him from working, always building that exciting structure.



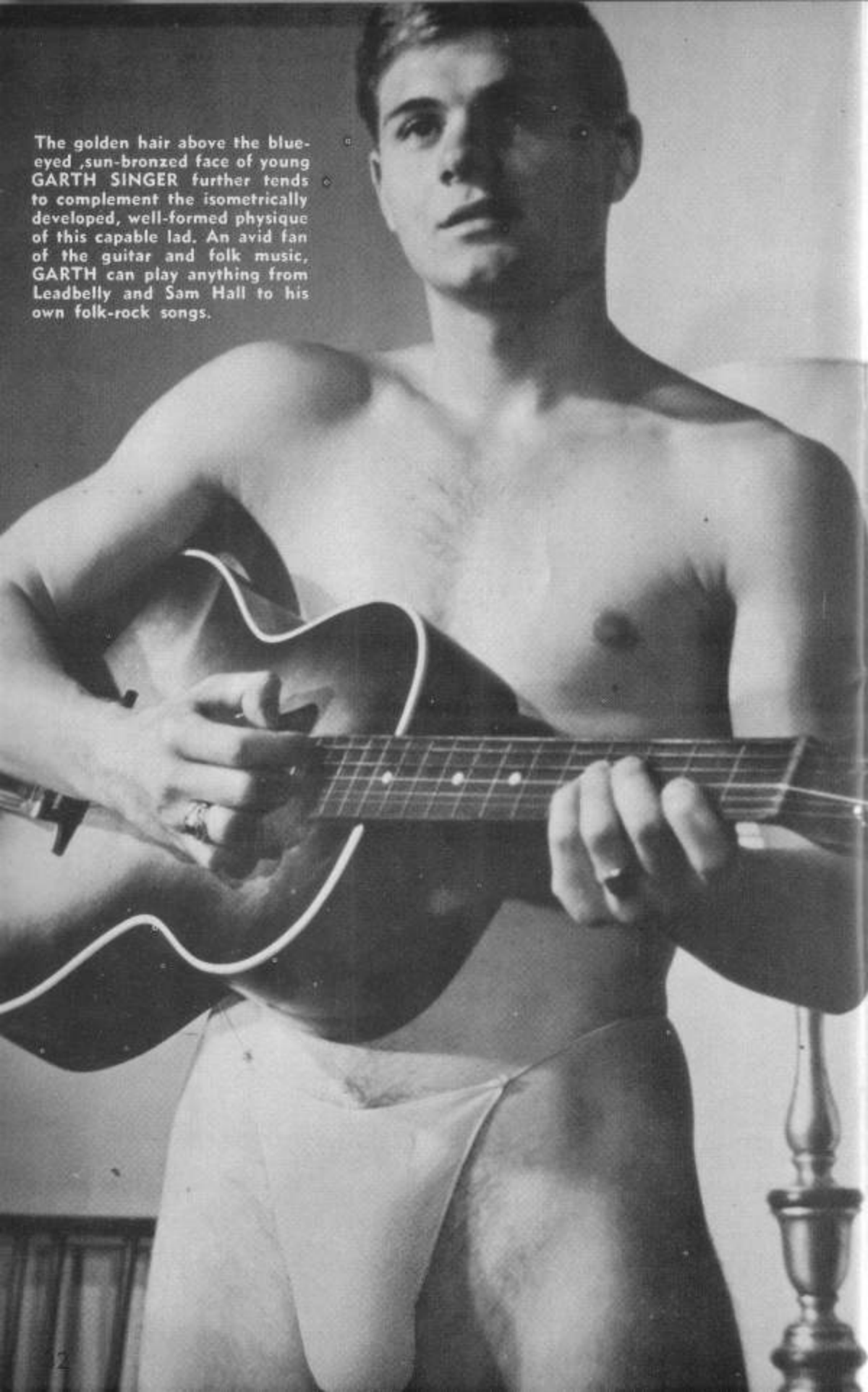


Good-looking GARTH SINGER, on Champion's recent trip to Florida, exploded with energy before the cameras. Being a sun-loving naturist, 19-year-old GARTH spent many happy hours on his motorcycle or in a sand buggy on the dunes and beaches of the Florida fun spots.





The golden hair above the blue-eyed, sun-bronzed face of young GARTH SINGER further tends to complement the isometrically developed, well-formed physique of this capable lad. An avid fan of the guitar and folk music, GARTH can play anything from Leadbelly and Sam Hall to his own folk-rock songs.



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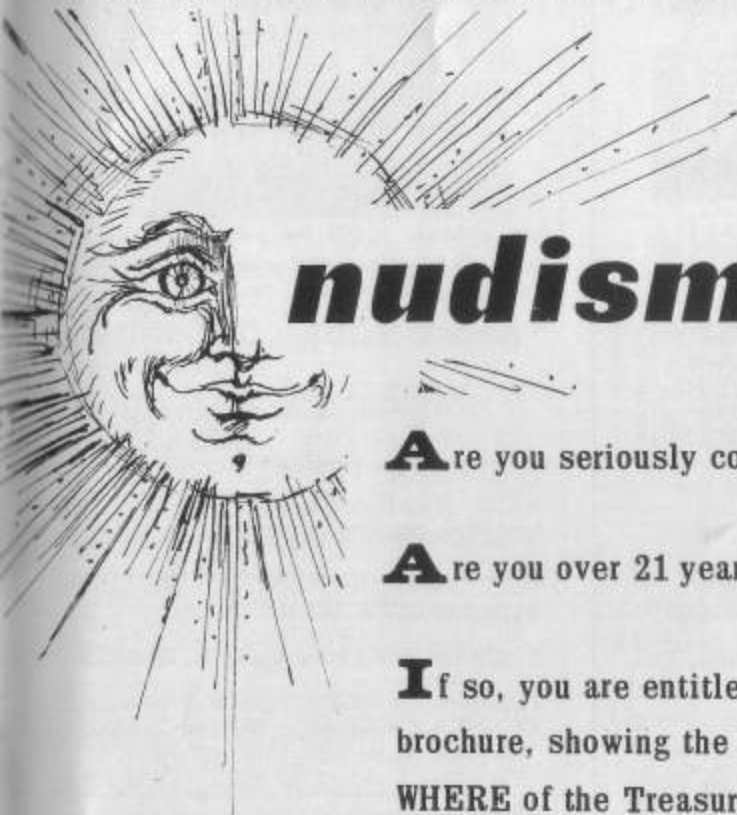
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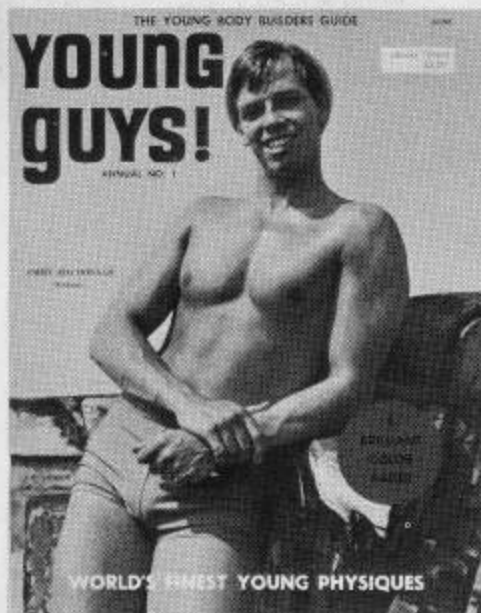
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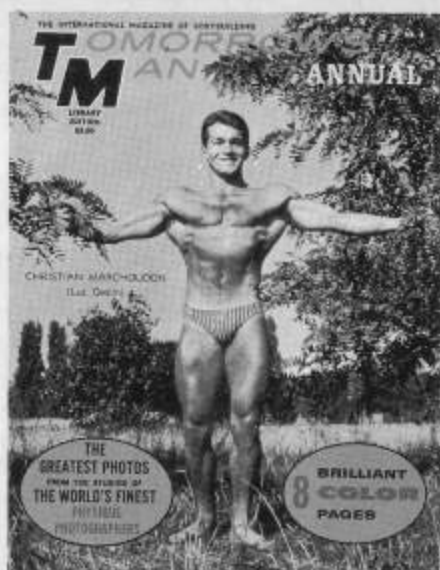
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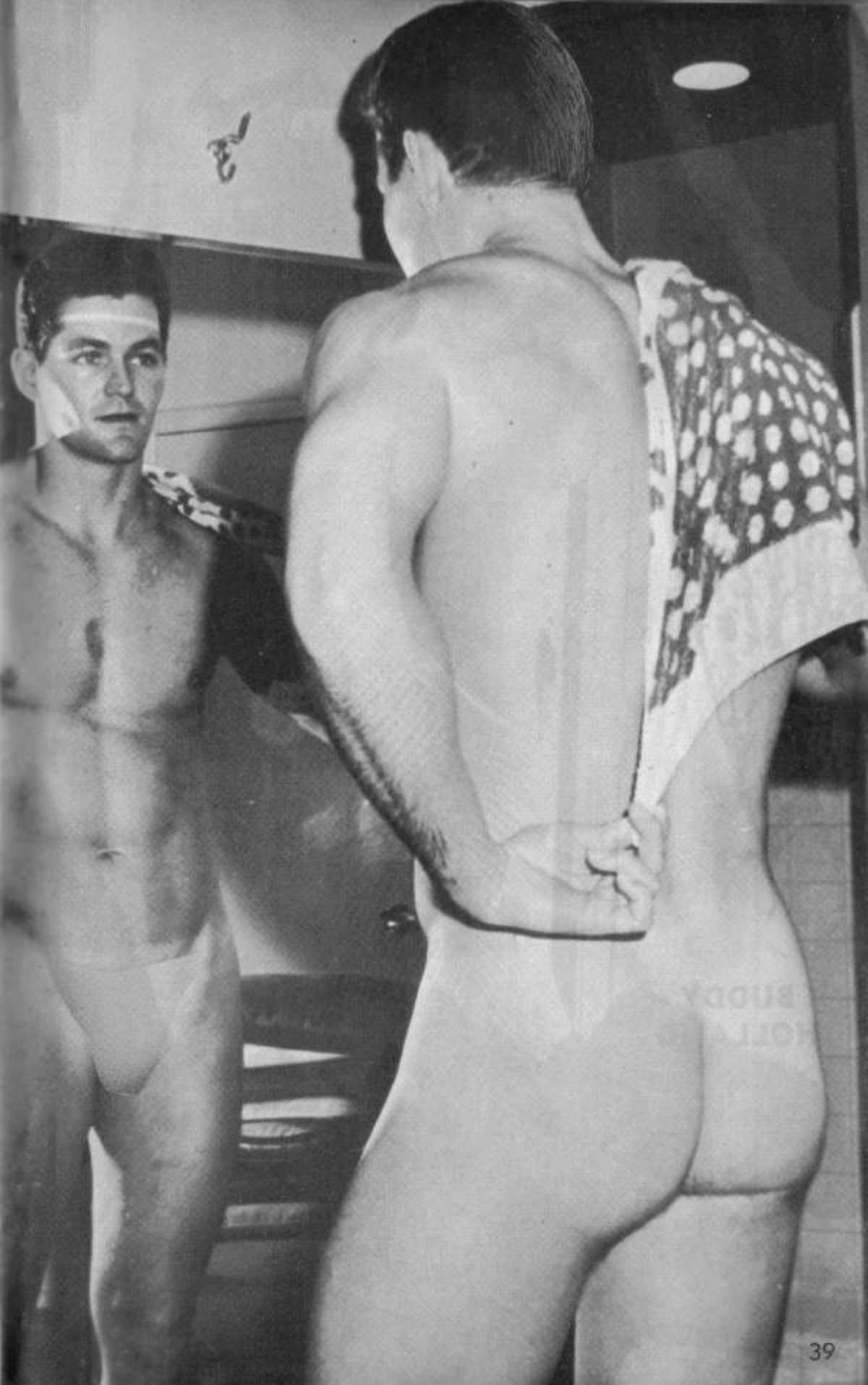
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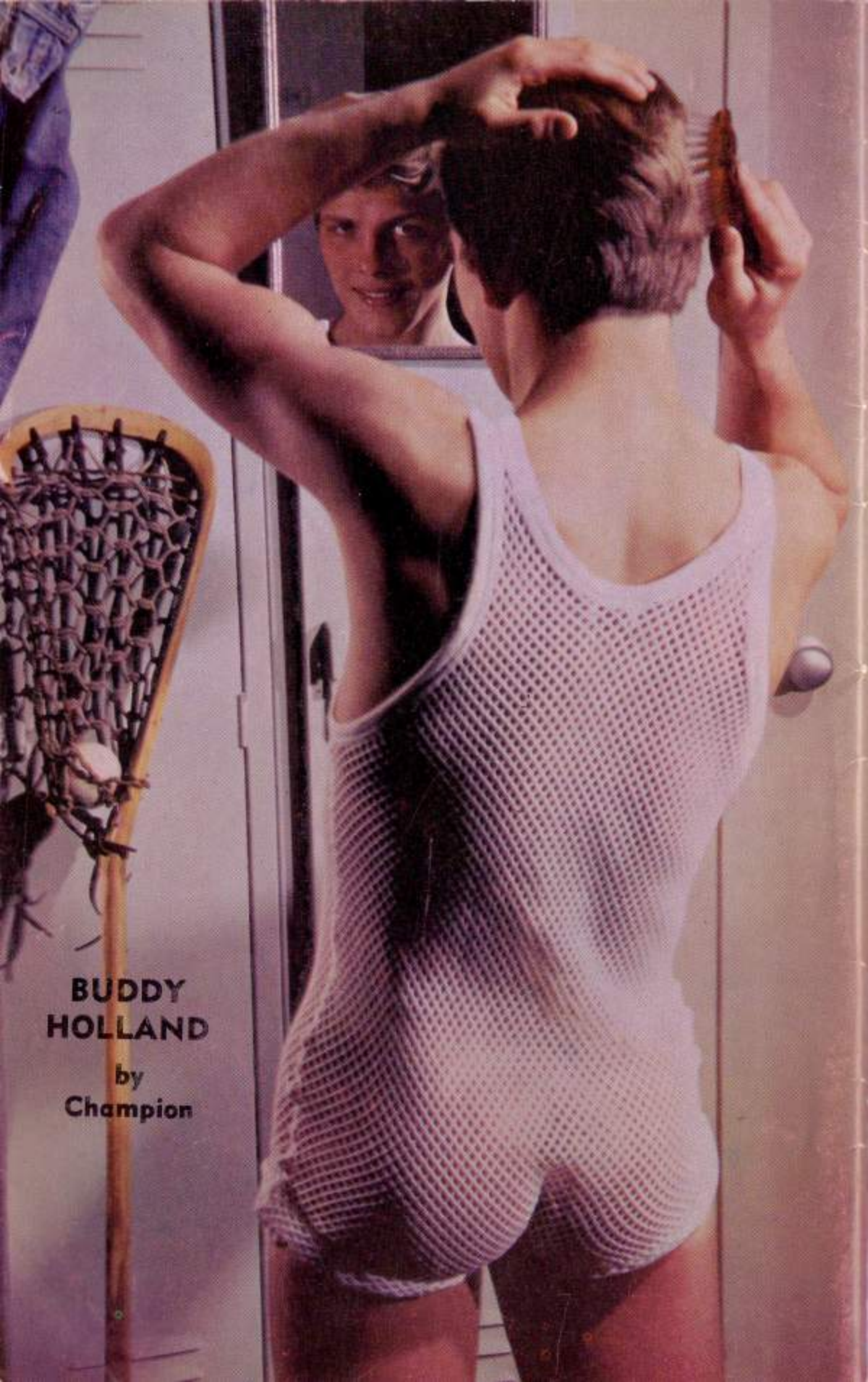
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Hollywood's handsome HANK STROTHERS is a combination of the ingredients that make the complete male: solidly smooth muscle formation, the big-man attitude, and the drive and power to keep both things active. Gymnasium, swimming-pool, or on the track, big, handsomely built HANK is surely in store for some big Hollywood happenings.





A full-page photograph of a man, Buddy Holland, in a locker room. He is seen from the back, wearing a white mesh tank top, and is combing his dark hair with a wooden comb. His reflection is visible in a mirror on the wall. To the left, a wooden fishing net is leaning against a locker. The scene is lit with soft, indoor lighting.

**BUDDY
HOLLAND**
by
Champion